

Name _____

Date _____



Physical Activity Diary

Use this diary to record any physical activity you do in a week – this includes things like walking, using the stairs instead of the lift as well a sports and going to the gym. Write down how long you spend doing these activities, adults should aim for at least 30 minutes, 5 times a week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							